



The Sun

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Who wants to be a millionaire? (or would just like to get back what the IRS owes them?)

By Brenda Bunting
Editor

Each year thousands of taxpayers let Uncle Sam keep money that rightfully belongs to them. Some of those taxpayers are right here in the Glades.

The Internal Revenue Service recently released a list of residents who are owed refunds. The average refund is almost \$700 per check. The IRS said they tried to deliver the checks through the U.S. Postal Service, but the checks were undeliverable either because of an incorrect name or address or because the taxpayer moved and did not give the IRS or the U.S. Postal Service their new addresses.

In South Florida, there are 5,000 taxpayers whose checks were returned, the average

amount being \$975. The checks total nearly \$5 million. In the Glades, 11 people are owed refunds. They include, from Belle Glade, Santos Barrera, Destine Despinasse, Francisco Gomez, Madgaleno Gomez, Ofeli Guzman, Yve Paraison and Vincent Taylor.

Three current or former South Bay residents are owed refunds, including Laquoric Butts, Servando S. Hernandez and Melissa Mata.

In Pahokee, only Cedrick Sherrod is listed.

The IRS says the best way to avoid the possibility of a lost, stolen or undeliverable refund is by having it deposited directly to your bank account.

If you are due a refund and have not received it, call the IRS toll-free assistance number at 1-800-829-1040.

Opening day for duck hunting at Lake Harbor delayed

Opening day for duck hunting at the popular Lake Harbor Public Small Game Hunting Area south of Lake Okechobee off U.S. 27 will be postponed until December 4, according to Steve Rockwood, waterfowl biologist with the Florida Fish and Wildlife Conservation Commission (FWC). The area was slated to open November 20.

Usually heavy rains during the last month prevented dicing the soil and planting of Japanese millet on schedule, according to Rockwood.

The area could open on time, but the amount of waterfowl habitat would be much less than desired about 30 percent of the area rather than the optimum 70 or 80 percent.

"The choice boiled down to providing poor to mediocre hunting beginning on the November 20th (opening day) or waiting until the area is properly prepared," Rockwood

said. "Postponing the openings costs hunters four hunting days on site, but increases the chance for a high quality hunting experience later in the year."

"It was quality versus quantity. I believe most hunters will agree that quality is the most desirable factor," he said. "Usually the best duck hunting at Lake Harbor occurs later in the fall when colder weather in the north pushes ducks southward. That's another reason to be patient and wait until the habitat and waterfowl migration are both at their peak."

Lake Harbor is a 600-acre public hunting area located just west of the Miami Canal about 6.5 miles south of the village of Lake Harbor on the south shore of Lake Okechobee. For hunt reservation information contact the FWC Wellington Field office at: 561-791-4052.



A HOLIDAY TRADITION: City workers in Belle Glade begin the lengthy task of beautifying the front of the Belle Glade Chamber of Commerce, City Hall and the Municipal Library for the Christmas holidays. SUNPHOTO by Brenda Bunting

Sugar heads to Seattle

By Tracy Whirls

A delegation of sugar producers, growers and company representatives headed to Seattle yesterday for the beginning of the World Trade Organization talks this week.

Officials of U.S. Sugar Corporation, including Chief Executive Nelson Fairbanks, newly elected Women Involved in Farm Economics (WIFE) president Ardis Hammock, as

well as representatives for the Florida Sugar Cane League, and others will be on hand to lobby the media and U.S. trade negotiators to abolish export subsidies and price supports world wide, not just in the United States.

The sugar industry representatives are concerned that large sugar users, like Kraft, Hershey and Nabisco, have joined forces with countries

like Australia, Brazil and Thailand who want to access the U.S. markets.

Local sugar producers fear that by eliminating the U.S. price support program, while at the same time opening American markets to foreign sugar will lead to cheap sugar being dumped in the market, costing sugar producers revenue and local residents their livelihoods.

Palm Beach County Sherriff's Office to begin a "Do The Right Thing Program"

The Palm Beach County Sheriff's Office Community Policing Unit will begin a new program in the Glades called "Do The Right Thing."

The idea for the "Do The Right Thing" program was born in 1990 during a Miami Police award ceremony, at which a teenager was recognized by the Chief of Police for turning in a loaded gun found at his school, despite pressure from his peers not to do so. Community volunteers, who witnessed the impact the positive recognition had on this teenager, decided to join forces

with the Miami Police Department and develop an on-going recognition program for students.

Today, Do The Right Thing, Inc. is a non-profit corporation dedicated to recognizing and rewarding youth excelling in a worthwhile endeavor.

The program ensures that the youth are not only rewarded for "doing the right thing," but publicly recognized as role models for their peers. In addition to its awards component, Do The Right Thing developed an array of other activities to help underprivileged children in the community.

According to Deputy Michael Bair this is just the type of program needed in the Glades area.

"We have a lot of great kids here but only the ones that get in trouble are recognized," said Bair. "We need a more positive outlet for the youth in the Glades."

The goal of the program is to reinforce socially desirable behavior among youth, to demonstrate that "good kids" are newsworthy, to foster positive relations between the local law enforcement agencies, to develop a network of Do The Right Thing Chapter which will benefit youth nationwide.

According to Deputy Bair the department will work with local schools to implement the program.

Students will be nominated by teachers, parents, police officers and other adults in the



community for their good deeds or positive behavior.

With the assistance of a selection committee, yet to be formed, a student will be selected each month for the program.

The winners will be spotlighted in the local paper and awards will be given.

The department is currently seeking funds to help implement the program.

The City of Pahokee helped out last week by donating \$100 to the program. Anyone interested in learning more about the program, call Deputy Bair at 996-1670.



YOU GRAB ITS' LEGS LIKE THIS...Chaska Nicolopoulos shows other children how to prepare a turkey for roasting Peruvian style, with holes cut to hold carrots, apples, and onions after marinating. The children are part of Glades Kids a group sponsored by the Catholic Charities and Children's Services Council and 93 children are enrolled.

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Holiday meals don't have to ruin a healthy diet plan



Katrina Elakin
Contributing Editor

As the days count down to the day when many readers have been sharing their tips for taking some of the excess fat out of traditional holiday recipes.

When considering the calorie and fat content of a holiday meal, you have to consider the whole day, not just what is consumed at the table. Many people snack before and after the meal. And don't forget that late night turkey sandwich.

Here are some of my favorite tips for healthy holiday eating:

- * Eat breakfast. Many people skip that all-important first meal of the day because they are "saving up" calories to consume later.

Unfortunately the human metabolism doesn't work that way. When you don't eat regular meals, your body can go into the "famine" mode. When it does get some nourishment, your body may try to store as much fat as possible in case you don't eat again for a while. Eating small regular meals can help increase your metabolism.

- * Watch the appetizers. You can consume a day's allotment of fat grams just nibbling on hors d'oeuvres before dinner. Try serving an assortment of raw vegetables with a fat-free dip.

Or cut up bite-size pieces of fresh fruit. These choices add vitamins and help take the edge of the appetite without sabotaging a healthy eating plan.

- * If those you are serving are on low-fat diets, cook a turkey breast instead of the whole bird. There's less fat in the white meat.

- * Take advantage of the Florida weather and cook on the grill. Excess fat cooks off. This also means you won't have the oven and your air conditioner at war all morning, running up your electric bill.

- * Instead of making mashed potatoes with butter and milk, use chicken broth. If you want that butter flavor, add some fat-free butter flavoring such as Butter Buds or Molly McButter.

- * If you are making dressing, think about the fat content of each ingredient. For example, you can make corn bread for the dressing without adding fat. It doesn't matter that the corn bread will be dry because you are only using it to make dressing. Instead of adding stock from the turkey (which you won't have anyway if you cook it on the grill) use canned chicken or turkey broth. Instead of whole eggs, use egg whites.

- * Sweet potato casseroles can also be turned into low-fat dishes. Use egg whites instead of whole eggs, non-fat evaporated or condensed milk instead of the regular kind and crushed whole grain cereal instead of nuts for the topping.

- * Instead of sauce-rich veg-

etable casseroles, try fresh steamed vegetables.

- * For dessert, serve fresh fruit with fat-free frozen or whipped topping. If you don't want guests to feel deprived, you can make a lovely layered dessert out of fat-free, sugar-free pudding, fat-free Cool-Whip, low-fat granola or crumbled fat-free brownies (there are several brands of mix available) and fresh fruit (I use bananas, pineapple and strawberries). I admit this dessert has a lot of artificial flavorings, which I normally try to avoid, but even I make exceptions on a holiday.

- * Try to limit consumption of alcoholic beverages. Don't forget that alcohol has a lot of calories per ounce. If you are going to have a holiday drink,

make it a glass of red wine, which is good for your heart. (I know, red wine isn't appropriate with turkey, so have it before dinner!)

- * After dinner, try to get out of the house and away from the leftovers.

Take a walk, which will improve your digestion. Many people simply can't resist the temptation to snack as they put away leftovers. Draft the skinny members of your household for this chore.

If, despite your best intentions, you consume more than you know you should, don't add to the health problem by getting stressed out. Just go back to your healthy eating plan the next day.

Remember, all things in moderation.

ER Chronicles: The broken helmet at her feet



Arlen R. Stauffer, MD

By Arlen R. Stauffer, MD
The rhythmic rumbling created by the three Harley's was music to Dan's ears. He was cruising; life was good.

Saturday afternoon, bright and sunny...yes!

The three rolled slowly around a gentle bend in the country road, Dan's bike trailing a few feet behind his two friends. Dan brought his attention from the big white farmhouse back to the road ahead just in time to see his friends' bikes swerve to avoid a German Shepherd.

There was no time for Dan to swerve. He locked up his brakes, and his motorcycle began sliding toward one side. His front wheel hit the dog hard, and Dan was airborne.

Dan heard a quick yelp, and then saw a fence post coming right at his face.

It was the last thing Dan would notice on this sunny Saturday.

"Yes, This is Medic 413." The radio came to life in the ER. Someone had turned up the volume, so this call from the paramedic got the attention of everybody. "I'm about five minutes out with a 44 year old victim of a motorcycle versus fence post."

There was a collective moan from the ER staff. They had just finished working a trauma patient, having wheeled the trauma stretcher back from the Surgery OR just a couple minutes before this call.

The paramedic continued. "He's been unconscious since the accident; the only obvious trauma is to his head. His Glasgow score is only three. Blood pressure is 170 over 90, pulse 70, respirations only about 10."

Emergency physician Tammy Cortez took a deep breath. The entire team began pulling on their gowns, gloves, and face

shields again. A nurse and a technician checked the monitoring equipment; everyone else stood silently in Trauma 3, waiting for this next patient.

One paramedic flipped what was left of Dan's helmet onto a metal cart as they rolled the stretcher into the room. Cortez stared at the cracked piece of plastic for a moment.

"Was that what he was wearing?" she said with a tone of amazement. "That worthless brain-bucket?"

"Yep," the paramedic said as she handed an IV bag to a nurse. "He hasn't moved or made a sound since we got to him. He really wasn't going that fast, but his head really had no protection."

While three nurses connected wires to Dan's chest, drew blood from his arm, and inserted a tube into his bladder, Cortez moved quickly up toward Dan's head. Although she was focused on his nose and mouth and lungs initially, she couldn't help but notice the blood coming from both ears.

"I don't like his respiratory pattern. Let's get him tubed now."

Cortez took the lighted metal laryngoscope and plastic endotracheal tube from the nurse. After suctioning some saliva and blood from Dan's mouth, she slid the scope in toward his trachea. She moved quickly, but very carefully. Dan's head and neck had to be kept perfectly still, since there was very likely an injury to his neck.

"I'm in," Cortez stepped back, allowing the Respiratory Therapist to move in and begin squeezing oxygen into Dan's lungs through the plastic tube.

Just outside the doorway, a commotion could be heard, then a man shouted, "I just want to see how he is!"

One of Dan's riding buddies peeked in through the doorway. He caught the attention of Cortez as she was running her hands down along Dan's chest wall. The look of fright on his face made Cortez stop what she was doing.

"He's not doing very well, Sir."

She tried to use a calm tone. "He has a bad head injury."

"Oh, no! No!" The friend backed out of the doorway. As he hurried off, he added, "I gotta get hold of his wife."

Satisfied that there were no obvious injuries to Dan's chest or abdomen, Cortez resumed her close examination of Dan's head, and of what brain function still remained in this battered cranium.

As the neurosurgeon walked in, Cortez picked up the broken helmet. She felt the shattered edges.

"This thing can't be more than an eighth of an inch thick!" She closed her eyes in disbelief. "He might as well have been wearing a baseball cap."

As the neurosurgeon finished a quick check of Dan's neurologic status, he scowled and backed away from the bed.

"I doubt that there will be much left to salvage in there," he said in a matter of fact way. "But, we'll see what the CT scan looks like before we start talking about whether he's dead or not."

As Dan's bed rolled toward the CT scan room, Cortez flipped Dan's helmet onto the floor, partially out of frustration at what seemed to be a life lost needlessly. The helmet bounced twice and rolled through the doorway just as a woman approached.

By the look or terror in her tear-filled eyes, everyone knew that this woman recognized the broken helmet at her feet. Cortez gasped.

Dan's wife let out a quiet whimper. Two nurses caught her as she slumped toward the floor.

Each year in this country, more than 2,200 people are killed in motorcycle crashes, and another 55,000 are injured.

On the basis of miles driven, studies have found that a

motorcyclist is 16 times more likely to die in a crash than is an automobile driver. Wearing an effective, approved motorcycle helmet reduces that risk of death by almost one-third.

Hospitalization costs average about \$3,000 higher for motorcycle crash victims who were

not wearing helmets, compared to victims who were helmeted at the time of their crash.

Dr. Stauffer, an emergency physician in New Smyrna Beach, is a member of the Florida College of Emergency Physicians. www.fcep.org

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Please, fix the lights

"Whoever is over the red lights in Belle Glade, will you please fix them so they will change right?"

Don't tell us "pull up to the line" or "don't cross the line." You can pull up just like you're supposed to and the things still don't work.

Would they please do something with them?"

Editor's note: If this caller can be more specific on which traffic lights are not changing correctly I will ask Director of Public Safety Miller to address your concerns. He has responded to this question a couple of times in the past and some lights may still be experiencing delays. Thank you for Speaking Out.

Shine on, South Bay

"This is to the city employees and everyone and everyone who has made South Bay shine for the holidays.

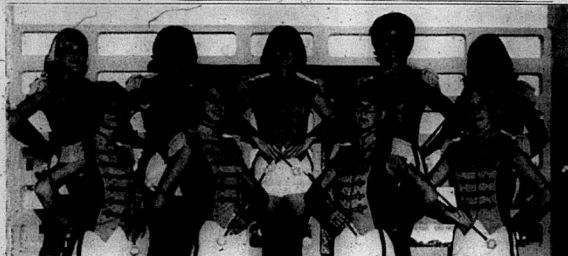
You have done a great job. It looks fantastic! We really shine."

Pahokee's looking good, too!

"Wow. Talk about Christmas. It seems like it happened overnight, but Pahokee is sure lit up. The streets downtown are lit up with our new decorations.

Last night, our street was just plain and dull. Tonight, it is aglow with the colors and icons of the holiday season.

Come visit Parkview Court when you're in town some evening. It will get you "in the mood!"



Majorettes from Belle Glade High, 1967...Belle Glade's Majorettes were, front row, from left: Sandy Winterrowd, Gail Parker, Carolyn Burns and Tina Lockhart. Second row, from left are Debbie Lane, Frances Collins, Carol Williams, Jackie Baughman and Shari Smith.

Editors note: The POLICE NEWS in this newspaper lists arrests, not convictions, unless otherwise stated. Arrested persons who later are found not guilty or have had the charges against them dropped are welcome to let us know. We will confirm the information and print it.

About letters

To voice your opinion about Glades issues, or to respond favorably or unfavorably to articles printed in the paper, we encourage you to write us a letter. Send to:

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Yvonne Jones...Office Manager/Graphics

Debra Miller...Staff Reporter

Amanda Crouch...Sales Consultant

Margaret Stairs...Office Clerk

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"JUST A MINUTE ALICE, I HAVE TO DRAW FROM MY INSTANT CASH MACHINE."

Letter to the Editor

Heart goes out to family whose daughter died

Dear Editor:

It is Friday, Nov. 19, another day which the Lord has made. Unfortunately, it is also three days after the funeral of a local child whose young life tragically ended this past Saturday.

I am the mother of three children, with whom I am still sharing a life, and in whose lives I give Jesus all the praise.

Anyway, to get to the point at hand, my heart goes out the parents of Jennifer. I can't begin to possibly imagine their pain and hope I never have to.

I'm appalled at the television media coverage of this family's pain. How possibly is the pain and tears of a family experiencing such a tragedy newsworthy? The Glade scan hardly get television coverage for local festivals, or even a major storm such as Hurricane Irene.

To get your kicks on someone else's pain is called "yellow journalism." Technically speaking

it is all sick, sick, sick.

Sincerely,
Sandra L. Otto

Trailer park needs fixing

Dear Editor:

It has been at least three weeks that the Keen Trailer Park has gotten the shells to fix the roads and Keen hasn't laid the shells out. So, the occupants of the trailer, park got together and laid out the shells.

In my opinion, the management should have had workers do the job. My friends don't even want to drive their cars through the trailer park because of the conditions of the roads.

Don't get me wrong, I am happy they finally decided to put the shells down. But, the manager needs to focus on reconstructing and improving the trailer park for the tenants.

Sincerely,
David Ruiz

Botanic gardens relieve stress, UF researchers find

Take a walk and call me in the morning may be a good prescription for stress, according to researchers at the University of Florida.

In a relatively new area of horticultural research, Professor Jennifer Bradley and graduate researcher Tammy Kohlleppe found that walks in botanic gardens lower visitors' perceptions of their stress levels.

"The research on this is very limited, and the field is wide open," Bradley said. "We don't really know what happens with a botanic garden. We know that there is something about being in nature, being in the outdoors that has a positive effect on people, but we have not quantified that so we wanted to look into it."

Bradley and Kohlleppe used questionnaires this spring to survey visitors to three Florida gardens: Bok Tower Gardens in Lake Wales, Fairchild Tropical Garden in Miami and Mounts Botanical Garden in West Palm Beach.

The 312 questionnaires filled out and returned indicated a statistically significant drop in visitors' perception of their stress levels, Bradley said.

"The implications for health and well-being are obvious," Bradley said. "And for public gardens and the horticulture industry, the implications are good, too. Funding for public gardens is getting harder and harder to come by, so this kind of information gives botanic gardens and arboreta a way to market themselves and more ammunition in seeking funding."

Bradley said botanic gardens and arboreta were being built at the rate of two or three a year at the turn of the century. In the last decade, eight to 12 new gardens have opened each year.

"That's very impressive, and something is leading that force," Bradley said. "Perhaps with urbanization, society is demanding more and more of these places...definitely they are cultural institutions where you can go and commune

with nature. What we want to know is why they are gaining in popularity and why so many visitors are going to them."

While she thought botanic gardens might have stress-busting qualities, Kohlleppe said it was good to find out empirically that they do.

Kohlleppe said botanic gardens had a greater beneficial effect for visitors who had a lower perception of their well-being. Upon departing, these visitors reported a much-improved outlook.

"To me, this shows that botanic gardens are particularly helpful for people who need a coping strategy," Kohlleppe said. "People who needed a coping mechanism got more out of their visits."

"Now we need to determine what it was that affected them more: Was it just that it's not home, where the kids are screaming, or work, with deadlines and bosses," Kohlleppe said. "We'd like to find out."

The survey demographics showed that the majority of the visitors were women and the average age of visitors was 52. Most were Florida residents with incomes more than \$50,000 a year and had completed some college.

Bradley said that as a society has moved indoors, overall interest in gardening, has increased. About 70 million households perform gardening, and that's increasing, she said.

"As a society, we have less and less exposure to agriculture, nature and the outdoors. As we move into apartments and cities and commute to work every day, we have limited access to the outdoors. So we see gardens filling a niche by providing a place where people can go to be around trees, be outdoors, be around nature," Bradley said.

"For some reason, society is demanding more and more of these places we can go," Bradley said. "The more we've moved indoors, the more we crave the outdoors."

Isaac Cline a hero for predicting deadliest hurricane in history



Mike Lyons

Isaac Cline has always been one of my personal heroes because of what he did on September 8, 1900.

Cline was a meteorologist stationed at Galveston, Texas when one of the strongest hurricanes ever to strike the United States came onshore. The storm claimed at least 6,000 lives, making it the deadliest hurricane in U.S. history.

Yet, that death toll could have been much higher if not for the efforts of Isaac Cline. According to weather historian David Ludlum, Cline personally is credited for saving "several thousand lives."

In *The American Weather Book* (Houghton Mifflin Company 1982), Ludlum writes that Cline recognized immedi-

ately that a "storm wave of dangerous proportions" was heading toward Galveston.

Ludlum says the signs were obvious to Isaac Cline: the wind was coming from the north but the tide was continuing to rise. Cline telegraphed the central forecast office in Washington saying "such high water with opposing tides never observed previously."

What Cline did next is the stuff of legend. "In the absence of any civil defense organization," Ludlum writes, "Cline took it upon himself to play the role of meteorological Cassandra and rode up and down the beaches on horseback warning people of the impending danger."

It's a wonderful story. One that I read over and over as a youngster. Too bad it's not true.

As it turns out, Cline underestimated the strength of the storm, never took to horseback and never warned anyone. That surprising version of history is contained in Eric Larson's excellent book, *Isaac's Storm: A man, a time and the deadliest hurricane in history* (Crown Publishing).

It's a detailed and often riveting account of the great hurricane, the people of Galveston, the early days of the National Weather Service and of my hero, Isaac Cline.

Ludlum's account of Cline's actions were based on a book Cline wrote several years after the disaster. Since Isaac was one of the few survivors of the great storm, there weren't many people around to dispute his story. Apparently, he decided to embellish it.

Through meticulous research, Larson discovered what really happened on September 8, 1900. According to Larson, Cline woefully miscalculated the strength of the storm, at least in part because he was kept in the dark by his superior.

Because of professional jealousy within the Weather Bureau and bureaucratic red tape, Isaac was never told of a hurricane sweeping south of Florida and into the Gulf of Mexico. Had he known, Isaac might have determined that that same hurricane was heading toward Galveston.

Still, he never would have

predicted the intensity of the storm. This was a time when the National Weather Service's record for weather forecasting was very poor (most people thought astrologers were more accurate), a time when forecasters were forbidden to even use the term "hurricane."

Larson discovered that Isaac never took that horseback ride on the beach. Instead, Isaac returned to his home believing it would stand up to the storm.

It didn't. Along with just about every structure on the island, Isaac's house, filled with dozens of people seeking refuge from the hurricane, was destroyed.

Isaac's Storm is reading at its best. Larson is a skilled storyteller, creating vivid images that transport the reader back to Galveston and the great hurricane.

Isaac's Storm also tells the true story of Isaac Cline. As it turns out, he wasn't a hero on September 8, 1900, he was just a man. A man who survived the deadliest hurricane in our history.

(Mike Lyons is the chief weather forecaster for WPBF-TV)

Ground is broken at Airglades Industrial Park in Clewiston

The construction of the Airglades Industrial Park is officially under way, and was ceremoniously kicked off with a groundbreaking on the site at 10 a.m. Wednesday, Nov. 10.

The almost 250-acre industrial park, off U.S. 27 and State Road 80, just west of Clewiston, is a project of the Hendry County Economic Development Council and Hendry County Board of Commissioners. The industrial park will be built in three phases, the first being a 118.1-acre parcel next to the mile-long, lighted runway adjacent to the Airglades Airport.

Custard Apple Products, Inc. will lease the first building, a 10,500 square foot structure now under construction. This firm will employ more than 40 workers who will process and ship jellies and juices made from the Florida-indigenous custard apple, which is grown in the region. The plant will include a laboratory for the testing and study of other applications for the custard apple.

"The development of the Airglades Industrial Park is a high priority for Hendry County," said Craig Simmons, chairman of the economic development council. "We are going after new and expanding manufacturing or distribution, environmentally friendly businesses which will bring additional year-round jobs into the area."

The county's main industry is agriculture, which relies in a large part of seasonal employment. Unemployment averages about 15 percent, one of the highest levels in Florida.

"Hendry County has a large pool of potential employees," Simmons said. "Airglades Industrial Park will offer businesses the comfort of locating in a small town environment at a location with easy access for truck and air transport near major highways and urban areas with shipping facilities on both the east and west coasts of Florida."

The construction of the industrial park's infrastructure is being funded in part by grants from the Florida Department of Community Affairs and the Federal Economic Development Administration.

"Once a prospective business completes an application, we can determine how to use the available incentives to craft a package that will draw that business to the Airglades Industrial Park," said Janice Groves, director of the Hendry County Economic Development Council.

Although Hendry County will own and operate the industrial park, buildings will be built to suit each tenant.

Phase I, which is zoned for industrial use, includes the installation of roads, water and sewer, and the construction of several buildings. Phase II is planned for 36.4 acres of commercially zoned land adjacent to U.S. 27 and 7.2 acres zoned for industrial use. Phase III, a 95.3-acre tract, is also zoned for industrial use.

Business owners interested in Airglades Industrial Park, may call the Hendry County Economic Development Council at (863) 675-6007.

Exercise and Nutrition - The Best Health Insurance

We're all getting older. There's no way around it. But getting older does not have to mean getting weaker or sick. Eating a balanced diet and exercising moderately may be the closest thing to the proverbial fountain of youth by strengthening the body and helping fight disease, according to Radford University professor B.B. Strum.

"The thing with the muscles is that if you don't use them, they atrophy and don't function at their optimal levels, so you get weaker and can't do the things you think you should be able to do," says Strum, who teaches physical and health education courses at Radford University.

"It's not old age or aging that has caused this process, it's inactivity. For older people, weight-bearing activities such as weight training and walking help to prevent osteoporosis and also increase the number of HDLs, the good cholesterol."

Appropriate exercise done correctly is the best health insurance.

As the population of baby boomers ages 20 percent of the U.S. population will be over 65 in 30 years-it should pay attention to eating and exercise habits to maximize health.

Strum recommends that people wanting to improve their health through proper diet and exercise first determine their Body Mass Index (BMI) and determine the proper number of calories to ingest according to your BMI, age and activity level. You can determine your BMI with the help of your doctor, or there are many sources on the Internet that can help. Eating a balanced diet and staying within your calorie limit in addition to participating in moderate aerobic and weight resistance training most days of the week can help ward off stress and disease as well as provide more energy.

"We're not talking about

power lifting here," says Strum, "we're just talking about body tone to keep muscles from atrophying."

Marcella Griggs, nursing professor at RU, agrees, and says that a lack of proper nutrition or exercise can lead to obesity which has a rippling effect and can contribute to the development of chronic illnesses, such as heart disease, high blood pressure and arthritis. Those illnesses then lead to other health problems such as diabetes or joint problems requiring surgery.

"It's not all cause and effect. Our genes play a large part, which we don't know enough yet," says Griggs. "Given the fact, we should do all we can to prevent these things from happening by having proper nutrition and maintaining proper weight and exercise."

Specific illnesses that exercise helps prevent are coronary heart disease, high blood pressure, colon and rectal cancer,

diabetes, arthritis, osteoporosis and balance problems.

Griggs recommends that in addition to diet and exercise, people over 65 should get a full physical every two years as well as appropriate screenings such as prostate exams and mammograms at intervals recommended by their doctor.

She also notes that as long as a proper diet is being maintained, a good multivitamin and mineral supplement is adequate.

The best news of all is that it is never too late to reap the benefits of exercise and proper nutrition.

Arrest Blotters

Editor's note: The police news on this page lists arrests, not convictions, unless otherwise stated. Arrested persons who later are found not guilty or have had the charges against them dropped are welcome to let us know. We will confirm the information and print it.

PAHOKEE

The Pahokee Police Department made 7 arrests, handling 190 calls and issued 22 traffic citations the week of November 22-29.

Those arrested included:

November 22 - No arrests made.

November 23 - No arrests made.

November 24 - Geoffrey Jones, 23, violation of a court injunction for protection against domestic violence and resisting arrest with violence; D'Angelo Pompey, 19, possession of cocaine with intent to sell and tampering with evidence; Crystal Orzech, 18, possession of marijuana under 20 grams; Emilio Colon, 35, possession of marijuana under 20 grams.

November 25 - No arrests made.

November 26 - No arrests made.

November 27 - John Knight, 32, loitering and prowling.

November 28 - No arrests made.

BELLE GLADE

The Belle Glade Police Department handled 663 complaints and gave 54 traffic citations the week of November 22-29.

Those arrested included:

November 22 - Terry Lee Willis, 45, throwing a deadly missile; Willie Artis Dennard, 38, retail theft.

November 23 - Jimmy Dewayne Singleton, 22, domestic battery, criminal mischief and violation of an order for protection; William Walker, 26, domestic battery and resisting an officer without violence; Terrance Frederick, 19, possession of marijuana under 20 grams.

November 24 - No arrests made.

November 25 - No arrests made.

November 26 - Darren McCray, 23, domestic assault and resisting an officer without violence; Jan Berry Jefferson, 38, loitering or prowling, possession of burglary tools, burglary of a conveyance, petty theft and warrant arrest; David Scott Wilkerson, 27, failure to appear; John Lampkin, 58, aggravated

battery with a deadly weapon; Melvin Brinson, 29, aggravated battery with a deadly weapon and battery on a law enforcement officer; Willie Stevenson, 35, possession of cocaine, possession of cocaine with intent to sell, and possession of marijuana under 20 grams; Linda Kellam, 38, trespassing and disorderly intoxication.

November 27 - Gonzalo Salas, 18, carrying a concealed weapon and loitering or prowling; Aston Brooks, 25, resisting an officer with violence; David Pettway, 40, possession of marijuana under 20 grams.

November 28 - Manuel Roman, 23, disorderly intoxication; Craig Anderson, 30, possession of cocaine with intent to sell and failure to appear; Juvenile, 16, aggravated assault; Willie Billups, 23, burglary with a weapon.

November 29 - No arrests made.

SOUTH BAY

The South Bay Police Department made 10 arrests the week of November 21-27.

Those arrested included:

November 21 - Joe T. McDonald, 27, obstruction of justice; Teresa Tarafa, 36, possession of cocaine and possession of drug paraphernalia; Brook D. Swain, 36, possession of cocaine and possession of drug paraphernalia; Emmil L. Simmons, 53, possession of cocaine and possession of drug paraphernalia.

November 22 - Nathaniel Johnson, 29, warrant for domestic battery and resisting arrest without violence.

November 23 - Demaster Brown, 25, warrant for stalking.

November 24 - Etosha S. Laversnder, 20, warrant for failure to appear for arraignment on charges of retail theft; Juvenile, 15, warrant for contempt of court.

November 25 - No arrests made.

November 26 - Andre King, 37, disorderly conduct and possession of drug paraphernalia.

November 27 - Yaphet Spencer, 23, domestic battery.

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Girl Scouts Prepare for Millennium

As part of the activities to usher in the new century, Girl Scouts of Palm Glades Council are trying to reach a goal of having girls give 40,000 hours of service between September 1, 1999 and May 31, 2000. The Council has set minimum goals that it is hoped each level of Girl Scouts will try to meet.

Athena Service Unit (lakeside

Scouts) has begun to add up the hours! Junior Troop 719 and Cadette Troop 77, who meet at the GladesKids Activity Center are planning their service hours as well as a tally of "Random Acts of Kindness". The troops from all over Palm Glades Council will bring their Magic of Service hours, packages of Pamphlets to donate to service agencies, and chains of

"Random Acts of Kindness" to a huge Millennium Magic jamboree the first weekend in the new millennium.

Lorie Nichols, Brownie Troop 714, and Barbara Boulton and Emeline Nichols of Junior Troop 719 spent an afternoon at the Catholic Charities Center at 425 SW 4th St. giving volunteer service in the Thrift Store.

Glades Area A.R.C. elects new officer at 22nd Annual Meeting

The Glades Area ARC held its 22nd Annual Membership Meeting on Saturday, Nov. 20 at the Belle Glade Marina Pavilion. Presided over by outgoing Board President Steve Baumgartner, the 200 mem-

bers, guests and staff were treated to a cook-out style meal donated by Popeye's Chicken & Biscuits as they applauded awards and acknowledgements to members of the organization and community for outstanding service.

The membership recognized Mr. Baumgartner's three years of leadership with a gavel and plaque as they elected their new board of directors and officers. The Executive Committee for 1999-2001 is: President Ms. Donia Roberts, Esq.; Vice-President Ms. Alta Lee Barber; Treasurer Steve Prieleson; Secretary Ms. Evelyn Johnson.

The annual awards were presented to the following: Outstanding Board Member, Ms. Mirtha Graydon; Carpenter's Award U.S. Sugar Corporation; President's Award, Bay Rag Corporation; Outstanding Service Award, Ms. Beverly Perham; Outstanding Employee of the Year, Mr. Arjoon Singh; Supported Employment Employer of the Year, Palm Beach County School Board West Area Transportation; Partnership Awards, Seagull Industries, United Way of Palm Beach County; Achievement Awards, Mr. Jessie Willis, Mr. Larry Grey, Mr. Gary Pollack, Ms. Juanita Laws, Ms. F. Kendrick; Ten Year Service Awards, Ms. Evelyn Brown, Ms. Jacqueline Manderville, Ms. Patricia Robinson and Ms. Willie Mae Russell.



Barbara Boulton, a Junior Girl Scout in Troop 719, Belle Glade, helps out in the thrift store at Catholic Charities.



Continued from Page 1

ship. The first will be held at the First Baptist Church Recreation Building, 17 N.W. Avenue B, Belle Glade on December 10 and 11 at 7:30 p.m.

Youth boxers from all over the state are traveling to Belle Glade to compete for this boxing championship title.

Tickets are \$5 for adults and \$3 for children. For more information, contact Deputy Michael LeStrange at 996-1670.

Workshop

Children's Hope, formerly known as the Foster/Parents Association, is presenting Barbie and Ken Read of B.K.R. Unlimited on Saturday, Dec. 4 at Palm Beach Lakes Community High, 3505 Shiloh Drive, West Palm Beach. Titled "I've Got A World Provide", the workshop will provide foster parents, foster care professionals and other participants with insights and strategies to take their life to a new level.

The workshop is free, but space is limited. To participate, please contact Gwenette Royal by Dec. 3 at 993-4700.

Garden Club selling pecans

The Belle Glade Garden Club has new pecans for sale at \$6 a pound.

Call Lurline Brooks at 996-2506 or you can pick them up at JKL Fashions, 1100 N. Main Street, Suite A, Belle Glade.

Christmas Toy Drive

The Belle Glade Chamber of Commerce, in conjunction with the Salvation Army, is collecting toys for Glades children.

Glades residents are asked to support the program by taking new, unwrapped toys to one of the following locations: Bair's Electronics, Bank of Belle Glade, the Chamber, First Community Bank, First Union Bank, NationsBank, Palm Beach Community College, Glades Community Development Corporation, Glades General Hospital or Smith Barney.

Education Forum set for Dec. 6

Are you a grandparent raising your grandchildren or providing care for someone else's child? The Grandparents Raising Grandchildren Coalition of Palm Beach County is holding a Public Education Forum in Western Palm Beach County on Monday, Dec. 6 from 10 a.m. to 12:30 p.m. at Belle Glade City Hall.

Dr. Amelia Rose, community facilitator for the Children's Service Council, will lead the discussion. Other participants will include representatives from Legal Aid, the Department of Children & Families, the Center for Information &

Crisis and the Department of Elderly Services.

For additional information, contact Dr. Rose at 651-655-1010.

Citizen Advisory Committee to meet

The regular meeting of the City of Belle Glade Community Development Citizen Planning Advisory Committee is scheduled to meet Thursday, Dec. 9 at 6 p.m., at Belle Glade City Hall, Conference Room B.

The purpose of the meeting is to review Fiscal Year 2000/2001 Community Development Block Grant applications.

The public is invited to attend.

Steak Night at Pahokee Elks Lodge

Members and their guests are invited to enjoy steak night every Saturday evening at the Pahokee Elks Lodge.

Reservations are requested. Call 924-7727 for more information.

Chamber sponsoring Decorating Contest

The Belle Glade Chamber of Commerce will again this year sponsor their home and business holiday decorating contest. Businesses and homeowners who wish to participate should call Janice Goforth at the Chamber at 996-2745.

Judging will be held on Dec. 17 after dark. Certificates will be awarded to the winners of the contest.

Class on making a photo memory album

All parents are invited to attend "Making Family Memories", a class on how to make a photo memory album. The class will be Wednesday, Dec. 8 and again on Wednesday, Dec. 15 from 6 to 8 p.m.

Family First, the Family Involvement, Resource Center "Where Families Learn Together," is sponsoring the class.

The event will be held on the campus of Glades Central Community High School and all parents are invited to attend.

For additional information, please call 993-4082.

Family night at Atlantis Skateway

A Title I Migrant Family night is planned for Thursday, Dec. 9 from 6 to 9 p.m. at Atlantis Skateway.

Everyone is invited to come out and support the Title I Migrant Education Program.

Atlantis Skateway is located at 3100 Jog Road, Greenacres. Admission is \$2 per person. There will be fun and door prizes.

For additional information or family transportation, please call 993-4082.

Non-profit agencies can seek block grant entitlement

The City of Belle Glade is accepting applications for its 26th program year of Community Development Block Grant Entitlement. All interested

non-profit agencies are asked to contact the City of Belle Glade Community Development Office, at 996-0100 if they are interested in obtaining an application packet.

The deadline to submit an application is Dec. 27 at 5 p.m.

World AIDS Week is Dec. 1-8

In observance of World AIDS Week, the Community HIV Sub-Committee will be hosting the Eighth Annual World AIDS Luncheon on Dec. 3 from 10 a.m. to 2 p.m. at the Light-house Cafe, 400 S.W. Ave. B Place.

The community can purchase the meal for pick up or delivery by calling Henrietta Johnson or Melva Webb at 996-1600. Tickets are \$5 each and proceeds will benefit the AIDS Coalition of the Glades.

In addition, Dec. 5 has been named Prayer Day and on Monday, Dec. 6, the HIV Sub-Committee members will participate in Pahokee's Christmas Parade at 7 p.m.

Dec. 7 is AIDS Awareness Day and Dec. 8 has been designated "Testing and Counseling" day.

On Wednesday, Dec. 8, the HIV Sub-Committee will observe World AIDS Walk day by conducting a Remembrance Walk from the Dolly Hand Cultural Arts Center to the Belle Glade City Hall Complex at 5:15 p.m.

Any citizen who would like to participate in any of the events can contact Henrietta Johnson, Brenda Thomas or Sandra Daniels at 996-1600 or Autrie Williams at 992-9500.

Raider Pride

Are you looking to display your Raider pride at the upcoming Glades Central play-off games this Friday night? The Glades Central Student Government Association is selling Raider alumni t-shirts for \$10.

For more information contact Angela Russell at 993-4400.

Night of Remembrance

Glades Funeral Chapel in Belle Glade is hosting a "Night of Remembrance" for those who have lost loved ones and wish to participate in a special memorial service.

The celebration of a loved one's life will include placing a white dove with the loved one's name on a special memory tree.

The event will be held Saturday, Dec. 11 at 5 p.m. at the chapel, located at 1040 North Main Street, Belle Glade.

The invocation will be given by Rev. Gary Folds, pastor of the First Baptist Church. Welcome will be given by Conley Campbell.

A musical selection will be given by Carol Schmidt and the bluegrass gospel music will be provided by Sean Campbell and friends. Holly Branch will also sing. Scripture and a message will be given by Community United Methodist Church Pastor David Day.

The community is invited to participate in this "Night of Remembrance."

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Pahokee Youth Football team has an outstanding year

The City of Pahokee Recreation Department extends congratulations to its youth football teams on their successful football season.

The city sponsored four teams in the five divisions. In the junior varsity division, the Pahokee Saints had the best regular season record of all the 10 teams and on Nov. 6, the playoff began.

The Pahokee Saints were paired against the Boca Bulldogs, a team the Saints tied during the regular season.

The Bulldogs defeated the Saints 14-7 in a heart breaking game, ending the Saints great season.

The Bulldogs were crowned Super Bowl Champions on Saturday, Nov. 2.

In the varsity division, the City of Pahokee fielded the Falcons.

This team struggled early into their season but, showed good character for not hanging their heads and by fighting back to regain a respectable season.

During the playoffs, they too were paired against the Boca Bulldogs in the 1st

round playoffs. The Bulldogs won 12-6.

In the semi-pro division, the city fielded the Pahokee Jaguars.

This team was the measuring stick for all the teams in their division. The Jaguars ended the regular season as the League Champions and continued their dominance as the Tournament Champions.

On Nov. 20, they were crowned Super Bowl Champions.

Also in this division, the Western Community Football League gets to play in the Fed Ex Orange Bowl Championship Tournament to be played Dec. 11 at the Orange Bowl.

All other divisions will have to play a playoff game before they get their invitation.

The Fed Ex Orange Bowl committee is made up of leagues from Dade, Broward and the Western Community Football Program.

In the varsity division, the City of Pahokee fielded the Broncos.

This team too was the measuring stick for their division.

The Broncos were the 1st

seed in the Wellington Division on Nov. 6.

The Broncos were paired against the Bengles of Wellington, a team, they beat twice during the regular season.

On Nov. 6 the Bengles upset the Broncos in a controversial officiated game.

The City of Pahokee Recreation Department would like to thank all the people that contributed to the success of the kids on and off the field.

Special thanks go out to the Western Community Football League coaches Curtis Prior, James Scott, William Jenkins, Antonio Wilson, Jeffrey McKinney, Tyrone Holmes, Kavoski Baldwin, Johnathon Johnson, Trevor Wallace, Willie Wimberly, Edbert Mays, Yapiet Spenser and Ricky Lyman.

A special thanks also goes out to Jeannett and Gary Burroughs, Jackie and Norman Griffith, the Fellowship of Christian Athletes, Rev. Pat Wallace, Desmond Harriot, Alice and Don Thompson, Christine McEntire, Gert-rude Moore, Hazel Scott and the Department of Juvenile Justice.



Julie Baumgartner and Owen Thomas to wed

Julie Kristin Baumgartner and Owen Neal Thomas will be married at 2:30 p.m. on Saturday, Dec. 18 at the Pahokee First United Methodist Church.

Julie is the daughter of Steve and Sharon Baumgartner of Pahokee and Owen is the son of James and Leatha Thomas of Pahokee.

A reception will follow in the church Fellowship Hall.

Since no other invitations will be issued, all who wish to share in this celebration are cordially invited.

14th annual Christmas Parade under the Lights held on Monday

Residents are reminded Pahokee's 14th Annual Christmas Parade will be held on Monday, Dec. 6.

The parade will begin at 6 p.m. and will travel Northlake to East Main and proceed to Pahokee High School.

The Grand Marshall of the parade this year is Citizen of the Year, Barbara Branch.

Father John Mercantante will ride on the fire truck this year after he won the theme contest with "In the Nick of Time...The New Millennium."

Anyone who would like to participate in the parade can contact the Pahokee Chamber.

Other events on the December calendar include a chamber mixer at First Community Bank on Thursday, Dec. 9.

The mixer will be held this month instead of the normal breakfast meeting.

The mixer will be begin at 5 p.m. and last until 7 p.m.

Anyone interested in competing in the holiday decoration contest can contact the Chamber office for more information.

The Christmas Caravan of Judges will tour the city on Dec. 20 at 7 p.m.

The Chamber encourages everyone to participate by decorate in your homes.

It will soon be fair time once again at the South Florida Fair. Tickets for the show will go on sale at the Chamber office beginning Dec. 2.

The South Florida Fair will be held from Jan. 14 until Jan. 30.

The Chamber is pleased to be

co-sponsoring a Sugar Tour on Wednesday, Dec. 15 of the United States Sugar operations.

The previous tours have been tremendously successful.

The chartered bus will pick members up from the Chamber and return mid-afternoon.

Lunch will be held at the Clewiston Inn.

To reserve your spot, call Dot or Alice at 924-5579.

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Pastor James A. Bennett

Belle Glade
ARISTOCRATIC CHURCH OF JESUS CHRIST
1318 W. Canal St. South
Rev. J.P. Field - Pastor 992-7876

Christian Church of Belle Glade
425 Canal St. North
Rev. Lloyd G. Green

Christ Church of Belle Glade
Rev. Robert Muck

Church of God in Christ No. 1
720 W. Ave. of Peace
S. Edwards - Pastor

Church of God of Prosperity
601 S.E. 12th St.
Jean Ingram - Pastor

Church of Jesus Christ of Latter Day Saints (Mormons)
601 N.E. Ave. 8
Ramon Palomo - Branch Pres.

Church of the Lord Jesus Christ of the Apostolic Faith
577 S.W. 8th St.
Herbert Wilkins - Deacon

Community House of Prayer in Christ
822 W. Ave. A
Elder James C. Field - Pastor

Community United Methodist Church
401 S.W. 1st St.
David A. Day - Pastor

EL Bethel Evangelical Pentecostal Church
1019 PALM BEACH RD.
Loren Lott - Pastor

First Baptist Church
17 N.W. Ave. 8
Rev. Gary Fodor

Greater St. Paul Church of God in Christ
912 W. Ave. 8
Elder Clarence Brown - Pastor

Haitian Mission of the First Baptist Church
611 S.W. Ave. 8
Rev. J.P. Field - Pastor

House of God
715 S.W. Ave. 8
Rev. J.P. Field - Pastor

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24 E. Ave. C - (561) 996-8844
Rev. Natividad Nogueira

IGLESIA BATISTA DE RESURRECCION
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Rev. Arlen Ortiz

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Associate Rev. Robert Muck

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Rev. L.S. Jones - Pastor

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Rev. R.L. Halstrom II

ST. JOHN BAPTIST CHURCH
400 S.W. 8th St.
Rev. J.B. Adams

ST. JOHN'S EPISCOPAL CHURCH
225 N.W. Ave. 8
Pastor Ralph Baskis

ST. PETERS LUTHERAN CHURCH
121 E. Canal St. N.
Rev. Richard Arnold

ST. PHILIP BENEDICTINE CATHOLIC CHURCH
710 S. Main St.

SOUTHSIDE CHURCH OF CHRIST
1450 S. Main St. (561) 992-8844
Rev. J.B. Adams

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17 N.W. Avenue B

THE GLOUBORNE COMMUNITY HOLINESS CHURCH OF JESUS OF THE APOSTOLIC FAITH, INC.
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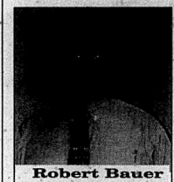
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Robert Bauer

In our last two articles we considered the unity and predictive prophecy of the Bible. This article will address the fact that the Bible presents a view of God beyond mere human invention. In other words, left to himself man could not come to the biblical view of God, it had to be revealed by Deity.

HOW MAN HAS EXPLAINED GOD WHEN LEFT TO HIMSELF

Man has tried to explain God through various philosophies. One is naturalism, equating God with nature. The problem with naturalism is that it denies the existence of something that transcends nature. Naturalism's end result is materialism and humanism.

Another human concept of God is pantheism. Pantheism is the philosophy that all is God and God is all. In other words there is no God but the combined substance, forces, and laws that are manifested in the existing universe. Again this does not allow for that which transcends the universe and makes no distinction between creation and creator.

Deism is the exact opposite of pantheism. It is the philosophy that God and the world are completely separated. The deist argues that after creation God separated himself from the world leaving it to function by natural rational rules. This theory would deny God's providential care and the benefit of

THE AUTHOR OF THE BIBLE (Part 3)

prayer. Man has also tried to explain God through polytheism. The concept that there are many gods. The polytheist will often identify the forces and objects of nature as deity. Modern science has destroyed the concept of idolatry and polytheism.

THE BIBLICAL CONCEPT OF GOD

The Bible portrays God as being a spirit (John 4:24). He cannot be seen nor felt, thus no idol can represent Him. The Bible portrays God as transcending nature but yet close to nature (Acts 17:27-28).

The Bible portrays God as holy, just, good, righteous, merciful, loving, compassionate, infinite, eternal, all powerful, and all knowing. How could these writers, at a time when polytheism was common and before scientific technology, come to this concept of God? Obviously, the answer is that it was revealed to them by something or someone who knew these characteristics of God.

The only being that could possibly know them was God himself. Thus the biblical concept of God is evidence of God's influence upon it writers. Does that not encourage you to read your Bible knowing its author is divine?

(Robert Bauer is the minister for the Belle Glade Church of Christ and writes a monthly article for The Sun Newspaper and can be reached at 996-3867 or rbauer@fite.net)

Local students in Who's Who

A total of 45 students from the Glades area are included in the 33rd Annual Edition of Who's Who Among American High School Students for 98-99.

Who's Who, published by Educational Communications, Inc., Lake Forest, Illinois, is the largest recognition program and publication in the nation honoring high achieving high school students.

Students are nominated by high school principals and guidance counselors, national youth groups, churches and educational organizations based upon students' academic achievement and involvement in extracurricular activities.

Traditionally, 99 percent of Who's Who students have a grade point average of "B" or better and 97 percent are college bound.

The 33rd Annual Edition of Who's Who Among American High School Students, 98-99, published in 18 regional volumes, features over 750,000 students, or just five percent of the nation's 14,000,000 high schools in the country.

Who's Who students also compete for \$200,000 in scholarship awards. The book is distributed to up to 15,000 high schools, colleges, universities and public libraries throughout the country.

To learn more about Who's Who Among American High School Students, visit www.honoring.com.

Local students selected include:

- Belle Glade**
Hekmat Abraham
Jamila Abraham
Kelly Alvarez
Jonique Bennett
Jennifer Bolden
Hope Christler
Kiljuana Crawford
Venente Elise
Evelyn Fabelo
Johnathan Finney
Verona Frederick
Turnisha Hall
Christopher Hamilton
Wesley Hawk
Tiffany Hodges
Yamia Kleckley
Nisha Madhav
Brentoya Mayes
Yolanda McCallum
Rebecca Outz
Jennifer Pate
Stephen Pate
Denise Penuel
Francis Ponce
- Jontavious Simmons**
Richara Simmons
Mona St. Hilaire
Morana St. Hilaire
Juanita Tamayo
Gabriela Torres
Melanie Walker
Neoshia Woodson
- Pahokee**
Shaquana Durham
Kristin Hatten
Alisha Jennings
Willisia Jghsson
Donna Moss
Thomas Padgett
Courtney Ware
- South Bay**
Pauline Dowe
Lucy Dunkley
Sandra Jackson
Shawnte Mann
Shavone Ricketts
Sarabeth Tossado

Pahokee High School students planning trip to Azerbaijan

Five students from Pahokee will have the once-in-a-lifetime opportunity to travel to Azerbaijan, one of the newly independent states created after the break-up of the Soviet Union.

The students are Anteria Burgess, Alicia Hernandez, Robert Lee, Thomas Padgett, Jr., and David Ruiz, all from Pahokee Middle Senior High School.

Sierra Johnson is designated as an alternate and Catherine Martinez, Belle Glade resident and teacher at the high school is the sponsor.

The Pahokee students will host a group of five Azeri students from Baku, the capital of Azerbaijan in January and February.

Lots of activities are planned, including meetings with local organizations and a trip to Disney World and Tallahassee to meet the governor and state representatives. Then, on March 29 they will travel to Baku via Moscow to stay with their student partners for a month, returning May 1.

The students and their teacher will be visiting local clubs and organization as well as businesses to raise funds for their trip. Although the cost of the tickets are covered by the U.S. Department of State and the embassies of the Newly Independent States and the host families will cover their room and board over there, there are other expenses like visas-passports and the cost of taking the Azeri students to tourist locations like Disney World.

In addition to creating cross-cultural understanding and getting to know a part of the world totally different from Pahokee, the local students and their Azeri partners with guidance from their teacher sponsors, will be the researching the topic "The Dangers of Smoking" in both countries. They will then put together a pamphlet for young people in English and Azeri with lesson plans.

BILLIE SWAMP SAFARI

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Feeding Families... Staff at FPL donated 17,000 pounds of food for families in seven counties, including Palm Beach, Hendry and Glades counties. Pictures left to right are: Bob Norwillo, FPL President, Paul Evanson, FPL Food Coordinator, Tod Thompson, Ron Padgett, Jim Curtis and Linda Stinnett, District Chair, Scouting for Food Lighthouse District for the Boy Scouts.

FPL employees donate 17-thousand pounds of food to seven counties

Florida Power and Light Company employees recently donated more than 17,000 pounds of food to the Boy Scouts of America's "Scouting for Food" program.

The food will be distributed to families through nonprofit agencies and churches in Palm Beach, Hendry, Glades, Okeechobee, Indian River, St. Lucie and Martin counties.

Paul Evanson, FPL president, has served as the Scouting for Food drive chair for the past three years.

The first year, FPL employees donated 7,000 pounds of food, compared to this year's more than 17,000 pounds.

"It's incredible," said

Evanson. "More people in the company have become aware of the program and they value how it serves the community."

FPL used its trucks and employee volunteers to deliver the food to St. Ignatius Loyola Catholic Cathedral in Palm Beach Gardens, the distribution point for North County.

Ron Oats, scout executive of the Gulf Stream Council, Boy Scouts of America said, "What tremendous support we receive from FPL, working together to feed needy families. It's the ultimate example of collaboration."

In addition to collecting for food, FPL donated 307,000 bags the Boy Scouts used for collection

during the drive.

The Boy Scouts expect to collect more than 260,000 pounds of food from its 11th annual drive, which is conducted in partnership with WPTV's Food for Families program.

WPTV expects the entire drive to generate more than 500,000 pounds.

FPL's Community Volunteer Corps employees in Palm Beach County and the Treasure Coast routinely give of their free time to assist with community projects.

Company wide, more than 6,000 volunteer hours have been logged during the first half of 1999.

Church Holiday Bazaar held Saturday

The Community United Methodist Church will hold their annual Holiday Bazaar on Saturday, Dec. 4.

United Methodist Women invite everyone to come out and browse the tables filled with homemade craft items.

Christmas tree ornaments, Christmas decorations, stockings, wall hangings, tote bags, aprons, place mats and napkins and wooden crafts are just a few items offered.

There will also be baked goods, jellies and preserves available for your pleasure.

The Tea Room will be open for lunch, selling Cuban sandwiches, homemade soups and chili.

Don't forget the Second-Time-Around Shop for all of your recycled treasures.

Grab a friend and join the crowd from 8:30 a.m. until 1 p.m. in Jameson Hall at Community United Methodist Church.

The church is located at 401 Southwest First

Holiday online shopping earns free technology for Gove Elementary School

Gove Elementary School has now accumulated 43,465 points from the national A+America Free Technology For Schools program. Now, parents and community members can shop online for the holidays and help the school too.

A+America launched a new web site, www.Technology4Kids.com, the only online shopping mall that donates up to 12.5 percent of every purchase to local schools for educational technology.

By starting their holiday shopping at the Technology4Kids.com site, parents and other community supporters can shop at over 50 top Internet retailers like Amazon, AT&T, JCPenney, Staples and Value America with over 1.5 million products available and generate donations to their local school at the same time at no extra cost.

On a first visit to Technology4Kids.com, the visitor is asked to select a local school from a database of every K-12 public and private school in the United States. After this short, one-time registration, the site will remember which school receive that shopper's credits. The school automatically gains more credits with each shopping trip.

Gove Elementary School has already earned 43,465 points by participating in the A+America program and hopes to earn even more this year by involving more of our community.

The school has already received the equipment from participation in A+America program.

Schools can also earn A+America Points by collecting receipts and proofs-of-purchase from socially responsible companies that give something back to the community.

There is no need to make extra purchases. Simply make your normal purchases from A+America corporate sponsors and turn the receipts into the school. It's that simple!

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...The holidays are a difficult time for many people who have lost a loved one. We invite you, your family and friends to attend a special, uplifting Evening of Remembrance honoring those who are deceased and supporting those who are living. A program of inspirational music and song will be presented followed by a Memory Roll Call in honor of our loved ones.

Saturday, December 11, 1999 at 5:00 PM

THE COMMUNITY IS INVITED TO PARTICIPATE.

Refreshments will be served. RSVP at 996-6122

and to register for a Memory Dove

Glades Funeral Chapel
1040 North Main Street
Belle Glade, Florida



ENTERTAINMENT

Holly Branch
Carol Schmidt
Sean Campbell & Friends
and...



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Sun Classifieds

Apartments for Rent

APT. FOR RENT PAHOKEE: 1BR/\$238, 2BR/\$350. Only \$300 or \$400 to move in. Call Parker Apts. 924-5493. tfn

ROYAL INN, 890 South Main St., Belle Glade. Daily, weekly low prices. HBO & Cable. Within walking distance restaurants and hospital. 996-3827 9/2/00

Business Opportunities

BUCK'S PIZZA Carry out and delivery pizza franchise. Financing available for qualified individual. Call Lance or Nell 1-800-310-8848 12/16

Employment Opportunities

ASSISTANT TEACHER The assistant Teacher position is a trainee position and receives guidance and directions from the Lead teacher and other center staff. Functions as a team member with other center staff. Qualifications: preferred- CDA credential or equivalent for working with the appropriate age group (0-5) and six (6) months experience in teaching preschool children. Required- High School Diploma or GED and previous experience in Early Childhood Program. Read and write well. Job training at O'Brien Center, 1140 N.E. 18th Street, Belle Glade, FL 33430. If you are interested in applying, please send a letter of interest and a current resume, post marked no later than December 3, 1999 to P.O. Box 835 Belle Glade, FL 33430 -12/02

ASSISTANT TEACHER available at the South Bay Center. It is a trainee position and receives daily guidance and directions from the Lead Teacher and/or Teacher. Functions as a team member with other center staff. Qualifications: preferred- Bilingual, CDA Credential or equivalent for working with the appropriate age group 0-3 or preschool and six months experience teaching preschool children. Required High School Diploma or GED and previous experience in an Early Childhood program. (Starting salary \$6.22/hour. We are an Equal Opportunity Employer. Letters of interest/resume must be post marked no later than 12-10-99 to Education Coordinator, Lillian Curry, 475 U.S. Hwy. 27 North, South Bay, FL 33493 12/9

BARMAIDS & COCKTAIL WAITRESS Apply in person

4825 Hwy 441 S. after 5 pm, or call (863) 467-9990 12/16

BUSINESS AND ACCOUNTING MANAGER King Ranch-Florida has an immediate opening for a Business and Accounting Manager. Responsibilities include oversight of accounting staff and all accounting functions including A/P, A/R, G/L, budgeting and cost accounting. Candidate must possess at least 3 years experience in general accounting practices and principles. Prior supervisory experience and cost accounting experience preferred. Must have good oral and written communication skills. Must have good computer skills, including Word and Excel. Competitive salary with complete benefit package including health, life, 401(k) retirement. Send cover letter and resume to: King Ranch-Florida, Attn: Human Resources Department, P.O. Box 1210, Belle Glade, Florida, 33430 DFWE/BOE 12/02

DANCER: Experience or will train. Apply in person 4825 Hwy 441 S. after 5 pm, or call (863) 467-9990 12/16

IRRIGATION TECHNICIAN HELPER LYKES BROS. INC SOUTHERN OPERATING DIVISION has an opening at our Sugarcane Farm location for an irrigation technician helper. Applicant must speak fluent English and have a valid Florida driver's license. Some knowledge of tractors and other farm equipment will be helpful. Accepting applications Monday-Friday, 8:00 a.m. to 3:00 p.m. at: LYKES BROS. INC. Southern Operating Division, 106 SW. CR721 Okeechobee, Florida 34974. **AFFIRMATIVE ACTION/EQUAL OPPORTUNITY EMPLOYER A DRUG-FREE WORK PLACE.** M/F/D/V 12/02

MAINTENANCE MECHANIC the Pahokee Housing Authority is accepting applications/resumes for the position of Maintenance Mechanic. The deadline for submission is 3:00 p.m. Friday, December 3, 1999. Must have at least three years experience in the areas of carpentry, plumbing, electrical, and refrigeration, high school diploma or equivalent; ability to lift at least 50lbs and to work on call. Please mail Pahokee Housing Authority, 465 Friend Terrace, Pahokee, FL 33476, attention Julia Hale, Executive Director. Pahokee Housing Authority is an Equal Opportunity Employer. 12/02

LEGAL NOTICES

PUBLIC NOTICE
Notice is hereby given that a regular meeting of the City of South Bay Community Development Office Planning Advisory Committee is scheduled for Thursday, December 2, 1999 at 5:00 p.m. Town Park Recreation Center, 105 Palm Beach Road, South Bay, Florida. The purpose of the meeting is to review final year 2000/2001 Community Development (CDMO) Applications. Public attendance is welcome.

Published: The Sun, December 2, 1999
Legal No. 99-223

PUBLIC NOTICE
The City of South Bay is accepting applications for the 2000 Program year of Community Block Institutions. All interested parties are invited to contact the City of South Bay Community Development Office, South Bay City Hall, 225 S.W. 2nd Avenue, South Bay, Florida 33409 at (863) 966-6701 regarding an application packet.

Published: The Sun, December 2, 1999
Legal No. 99-223

NEWSPAPER CARRIER needed at The Sun. Must have valid driver's license, good driving record and reliable transportation. Apply in person at The Sun, 417 N.W. 16th Street, Belle Glade

RECEPTIONIST position available. P/T, \$8.00 and hour call Dr. Vickers 924-2243. 12/9

SECRETARIES-full and part time, must be computer literate, have good general office skills, a pleasant telephone voice and be well organized. Fax resume to M. Ward, 992-1335 12/02

TEACHER POSITION available at the South Bay Center. The teachers are responsible for providing children with a safe and healthy learning environment; advancing their physical and intellectual growth; supporting social and emotional development; providing positive relationships with families and encouraging their involvement in the education of their children; ensuring a well-run purposeful program to participants' needs; and maintaining a commitment to professionalism. Function as a team member with other center staff. Qualifications preferred: Bilingual required; CDA Credential or equivalent for working with the appropriate age group (0-3 or Preschoolers) and six (6) months experience in teaching preschool children. (Starting salary: \$6.54 hour) We are an Equal Opportunity Employer. Letters of interest/resume must be post marked no later than 12-10-99 to Education Coordinator, Lillian Curry, 475 U.S. Hwy. 27 North, South Bay, FL 33493 12/9

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PUBLISHERS NOTICE: All rental and real estate advertising in The Sun is subject to the Federal Fair Housing Law which makes it illegal to YEAR www.steelmasterusa.com advertise "any preference, limitation or discrimination based on race, color, religion, sex, handicap, familial status, or national origin or any intention to make such preference, limitation or discrimination." In addition, the Palm Beach County Fair Housing Ordinance prohibits discrimination based on age, marital status or sexual orientation. The Sun will not knowingly accept any advertising which is in violation of the law. All persons are hereby informed that all dwellings are available on an equal opportunity basis.

3 BEDROOM, 2 BATH HOME for sale, Northeast section of town. Call 996-4524. 12/09

HOUSE FOR SALE - 3 BR/1BA, 809 N.E. 21st Street, Belle Glade. Call (863) 983-9260. 12/16

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ARE YOU OR A LOVED ONE injured? Call A-A Attorney Referral Service. 800-733-5342 24 hours. Nursing Home & Assisted Living Facility injuries. Medical malpractice, personal injury & death relating to negligence of all types. FCAN 12/02

Miscellaneous For Sale

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- Older frame house offered at \$25,000.

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\$1000 CASH BACK ON EXPLORER
SAVE \$4,457 WITH COMBINED CASH BACK & LOW FINANCING



Savings based on 11% annual finance rate in comparison with 5.9% finance rate combined with \$1,000 cash back for a total savings of \$4,457. Not everyone qualifies for the lower percentage rate.

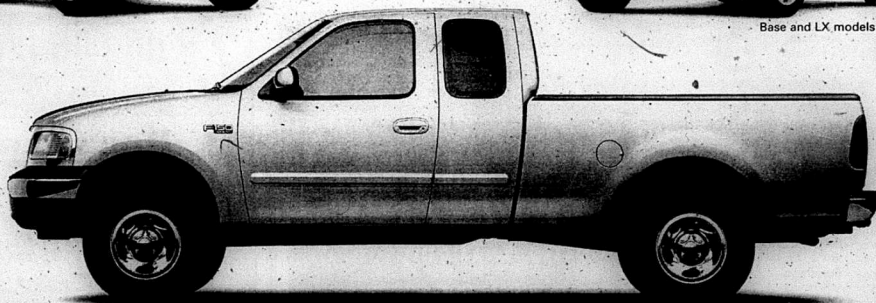
**\$1500 CASH BACK
ON RANGER**



**\$1500 CASH BACK
ON WINDSTAR**



Base and LX models only.



UP TO \$1000 CASH BACK ON F-150
OR LEASE FOR \$243 A MONTH FOR 36 MONTHS

\$2,684 due at inception. Payment based on 36-month closed-end lease with approval from Ford Credit. Some payments higher, some lower. First month's payment and \$2,191 down payment plus tax, tag and \$250 refundable security deposit due at inception. Total payments: \$8,748. Option to purchase at lease end: \$12,609. 12,000 miles per year, \$15 per mile thereafter. Lessee responsible for excessive wear and tear. Offer good on F-150 4.2-liter V-6 manual transmission only. Not everyone will qualify for this lease rate.



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